



Atlanta
MANIA[®]
FITNESS PRO CONVENTION

BUSINESS
SUMMIT 2024

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Evals & CEC/CEUS



TIME	CODE	SESSION	PRESENTER
FRIDAY, JULY 19			
7:30am - 8:45am	FR1A	PRO ATHLETE CORE CONDITIONING II	ROBINSON
9:00am - 10:15am	FR2A	ATHLETIC WOMAN: FUNCTION & STRENGTH	HUGHES
11:00am - 12:15pm	FR3A	MOBILITY TRAINING – ONLINE OR IN-PERSON	WEBB
1:15pm – 2:30pm	FR4A	TWO LEGIT TO HIIT	APPEL
2:45pm - 4:00pm	FR5A	HIT THE WALL	ROCKIT
4:30pm - 5:45pm	FR6A	BAND CAMP	BANNISTER-MUNN
SATURDAY, JULY 20			
7:30am - 8:45am	SA1A	BBB WORKOUT – BALL, BAND, BAR	BANNISTER-MUNN
11:00am - 12:15pm	SA3A	FULL BODY 3D HIIT-CIRCUIT	HUGHES
1:15pm – 2:30pm	SA4A	DEEP CORE AND PELVIC FLOOR	LAYNE
2:45pm - 4:00pm	SA5A	POSTURE & ALIGNMENT WITH PERSONAL TRAINING	MUMMY & BANNISTER-MUNN
4:30pm - 5:45pm	SA6A	FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS	MIKE
SUNDAY, JULY 21			
7:30am - 8:45am	SU1A	CORE BY 4	WARTENBERG
9:00am - 10:15am	SU2A	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED	MIKSZAN
10:45am - 12:00pm	SU3A	OPTIMAL OVERHEAD PRESSING	MIKE
12:15pm-1:30pm	SU4A	POWER IN THE TRANSVERSE PLANE	MIKE



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FRIDAY, JULY 19			
7:30am - 8:45am	FR1B	ATHLETIC FLOW	MCMULLEN
9:00am - 10:15am	FR2B	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
11:00am - 12:15pm	FR3B	NO FLOOR CORE AND BALANCE	LAYNE
1:15pm – 2:30pm	FR4B	BRING THE TOYS!	BANNISTER-MUNN
2:45pm - 4:00pm	FR5B	ATHLETIC AGING	APPEL
4:30pm - 5:45pm	FR6B	“DON’T JUST SIT THERE!”	RATLIFF
6:00pm – 7:00pm	FR7B	FITNESS IDOL	KOOPERMAN, TOOLE, GILBERT & ROBINSON
SATURDAY, JULY 20			
7:30am - 8:45am	SA1B	TIME WITH TISSUE	GILBERT
9:15am – 10:30am	SA2B	KEYNOTE: WHERE HEALTHY MEETS HAPPY	DIGSBY
11:00am - 12:15pm	SA3B	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	GILBERT
12:30pm – 1:45pm	SA4B	MASTER KNEE-PAIN REDUCTION STRATEGIES	WEBB
2:45pm - 4:00pm	SA5B	COUNTRY FUSION@ 2024	MOONEY
4:30pm - 5:45pm	SA6B	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE	WEBB
SUNDAY, JULY 21			
7:30am - 8:45am	SU1B	BONE HEALTH BOOT CAMP	CONTI
9:00am - 10:15am	SU2B	ACTIVE AGING PLAYGROUND	TOOLE
10:45am - 12:00pm	SU3B	LABLAST® CHAIR FITNESS: PULL UP A SEAT	MIKSZAN
12:15pm - 1:30pm	SU4B	CREATIVE PROGRAMMING 55+	WARTENBERG



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FRIDAY, JULY 19			
7:30am - 8:45am	FR1C	BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING	ROCKIT
9:00am - 10:15am	FR2C	SOULBODY BARRE+LIIT	VANDIVER
11:00am - 12:15pm	FR3C	EXERCISE AND PAIN: A PARADIGM SHIFT	MACK
12:30pm – 1:45pm	FR4C	STRENGTHEN & SUPPORT	MCMULLEN
2:45pm - 4:00pm	FR5C	BALLS, BLOCKS, BANDS: PILATES FUSION	METCALF
4:30pm - 5:45pm	FR6C	STRENGTH TRAINING FOR LONGEVITY & VITALITY II	KOOPERMAN
6:00pm – 7:00pm	FR7C	DANCE OFF!	LABLAST®, ZUMBA®, COUNTRY FUSION®, WARTENBERG & VELAZQUEZ
SATURDAY, JULY 20			
7:30am - 8:45am	SA1C	BARRE HARD CORE	APPEL
11:00am - 12:15pm	SA3C	LABLAST® FITNESS: BALLROOM BLITZ	MIKSZAN
12:30pm-1:45pm	SA4C	ELIMINATING BACK PAIN WITH DEADLIFTS	BONGELLI
2:45pm - 4:00pm	SA5C	ULTIMATE LEG DAY	TOOLE
4:30pm - 5:45pm	SA6C	ZUMBA®	SANTANA
SUNDAY, JULY 21			
7:30am - 8:45am	SU1C	RETRO AEROBICS	AKTZI
9:00am - 10:15am	SU2C	TRAINING THE NEURODIVERGENT CLIENT	CONTI
10:45am - 12:00pm	SU3C	BRINGING BACK FOUNDATIONAL STRENGTH TRAINING	G JOHNSON
12:15pm - 1:30pm	SU4C	GLUTE TRAINING – BEGINNER TO ADVANCED	G JOHNSON



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FRIDAY, JULY 19			
7:30am - 8:45am	FR1D	YOGA-PILATES RESTORE	BANNISTER-MUNN
9:00am - 10:15am	FR2D	TIGER TAIL® GOODBYE BACK PAIN	ZULEGER
11:00am - 12:15pm	FR3D	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE	MUMMY
12:30pm – 1:45pm	FR4D	THE WARRIOR® WORKOUT	ROBERTS
2:45pm - 4:00pm	FR5D	TAI-CHI FUSED YOGA	VELAZQUEZ
4:30pm - 5:45pm	FR6D	BY ANY STRETCH	APPEL
6:00pm - 7:00pm	FR7D	RECOVERY THROUGH MEDITATION	ROCKIT
SATURDAY, JULY 20			
7:30am – 8:45am	SA1D	SOULBODY YOGA SCULPT	DAWSON
11:00am - 12:15pm	SA3D	TIGER TAIL® RECOVERY FOR LONGEVITY	ZULEGER
1:15pm – 2:30pm	SA4D	WARRIOR® TAI CHI YOGA AND QI GONG FUSION	ROBERTS
2:45pm - 4:00pm	SA5D	YOGA TOUCH	KOOPERMAN
4:30pm - 5:45pm	SA6D	FLEXIBILITY – STOP DOING IT WRONG	METCALF
SUNDAY, JULY 21			
7:30am - 8:45am	SU1D	SOULBODY RESTORE	DAWSON
9:00am - 10:15am	SU2D	THE BATTLE FOR MOBILITY	MCCORMICK
10:45am - 12:00pm	SU3D	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY	HUGHES
12:15pm - 1:30pm	SU4D	HEAT UPS & FINISHERS	MCCORMICK



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FRIDAY, JULY 19			
9:00am - 10:15am	FR2E	SCHWINN®: BIKER BARRE	APPEL
11:00am - 12:15pm	FR3E	SCHWINN®: SAVVY CYCLING	SHERMAN
12:30pm -1:45pm	FR4E	SCHWINN®: ROCK & ROLL RIDE	SHERMAN
2:45pm – 4:00pm	FR5E	SCHWINN®: HEAR US ROAR	HOGG & L JOHNSON
4:30pm – 5:45pm	FR6E	WARRIOR® RIDE	J ROBERTS
SATURDAY, JULY 20			
7:30am - 8:45am	SA1E	SCHWINN®: CYCLE A LA MODE	SHERMAN
11:00am - 12:15pm	SA3E	SCHWINN®: BEAST MODE	HOGG
12:30pm – 1:45pm	SA4E	SCHWINN®: R.I.S.E. & #RIDERIGHT	HOGG
2:45pm-4:00pm	SA5E	SCHWINN®: RHYTHM ROADTRIP	APPEL
4:30pm-5:45pm	SA6E	SCHWINN®: CYCLE MIXOLOGY	APPEL



TIME	CODE	SESSION	PRESENTER
FRIDAY, JULY 19			
7:30am - 8:45am	FR1F	RIDE THE WAVE	VELAZQUEZ & HAMMER
9:00am - 10:15am	FR2F	LABLAST® SPLASH: BUOYANT BALLROOM BLITZ	MIKSZAN
11:00am - 12:15pm	FR3F	LIQUID GYM ACQUA PUNCH & PUMP	VELAZQUEZ
1:15pm – 2:30pm	FR4F	COUNTRY FUSION® AQUATICS	MOONEY
2:45pm - 4:00pm	FR5F	AQUA DRUMS VIBES	WARTENBERG
4:30pm - 5:45pm	FR6F	AQUA BOOT CAMP BOQ-STYLE	VELAZQUEZ
SATURDAY, JULY 20			
7:30am - 8:45am	SA1F	WATER RUNNING	ROCKIT
11:00am - 12:15pm	SA3F	AQUATIC EQUIPMENT INNOVATIONS	FORD
1:15pm – 2:30pm	SA4F	AQUA ZUMBA®	MELENDEZ
2:45pm - 4:00pm	SA5F	BUOY, OH BUOY, OH BUOY!	VELAZQUEZ, WARTENBERG & HAMMER
4:30pm - 5:45pm	SA6F	4 FUNCTIONAL AQUA CIRCUITS	LAYNE
SUNDAY, JULY 21			
7:30am - 8:45am	SU1F	KNOCKOUT AQUA WITH HIIT	MCCORMICK
9:00am - 10:15am	SU2F	SILVER TSUNAMI	WARTENBERG & HAMMER
10:45am - 12:00pm	SU3F	LIQUID GYM ACQUA TONER STRETCH & TONE	WARTENBERG
12:15pm - 1:30pm	SU4F	STRONG & STABLE AQUA	LAYNE



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FRIDAY, JULY 19			
7:30am - 8:45am	FR1G	THE GUT – SLEEP NETWORK EFFECT	LAYNE
9:00am - 10:15am	FR2G	MAGNESIUM: THE MIGHTY MINERAL UNVEILED	TOOLE
11:00am - 12:15pm	FR3G	NAVIGATING NUTRITION OVERWHELM: FACT VS FICTION	DIGSBY
12:30pm – 1:45pm	FR4G	SIX ROOT CAUSES OF DECREASED LONGEVITY	LAYNE
2:45pm - 4:00pm	FR5G	HOW TO CREATE A MENTAL WELL-BEING CULTURE	V BRICK & L BRICK
4:30pm - 5:45pm	FR6G	PREVENTING COMMON FITNESS INJURIES	LASKOWSKI
SATURDAY, JULY 20			
7:30am - 8:45am	SA1G	HOW YOU MOVE MATTERS	LASKOWSKI
11:00am - 12:15pm	SA3G	PHYSICS OF PAIN & PERFORMANCE	MUMMY
1:15pm – 2:30pm	SA4G	TRENDING DIETS & WEIGHT LOSS MEDS	DIGSBY
2:45pm - 4:00pm	SA5G	MYOFASCIAL RELEASE: THE VAGUS NERVE	ZULEGER
4:30pm - 5:45pm	SA6G	WHEN EXERCISE MAKES CLIENTS WORSE	MACK
SUNDAY, JULY 21			
7:30am - 8:45am	SU1G	SUGAR, SNACKS & HEART ATTACKS	DIGSBY
9:00am - 10:15am	SU2G	SOLVE 30 TRAINING & NUTRITION MISTAKES	MIKE
10:45am - 12:00pm	SU3G	KITCHEN MAKEOVER FOR FOOD LOVERS	DIGSBY
12:15pm-1:30pm	SU4G	MINDSET MAGIC: GUIDING NUTRITION MASTERY	TOOLE



TIME	CODE	SESSION	PRESENTER
FRIDAY, JULY 19			
7:30am - 8:45am	FR1H	BUILD THE FINANCIAL FUTURE OF YOUR DREAMS	DAY
9:00am - 10:15am	FR2H	START & GROW YOUR BUSINESS	KOOPERMAN, CLARK, WEBB, MOONEY, DAY & BALL
11:00am - 12:15pm	FR3H	FIND YOUR NEXT 50 LEADS	CLARK
1:15pm – 2:30pm	FR4H	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE	KOOPERMAN
2:45pm - 4:00pm	FR5H	EFFECTIVE GX & PT SALES STRAGIES PANEL	KOOPERMAN, ROBINSON, ROBERTS & HUGHES
4:30pm - 5:45pm	FR6H	PERSONAL TRAINING: A LIFELONG CAREER	HUGHES
6:00pm-7:00pm	FR7H	KEYNOTE & COCKTAILS – FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME	BRANDI CLARK
SATURDAY, JULY 20			
7:30am - 8:45am	SA1H	YOUR FINANCIAL HEALTH	ROSS
11:00am - 12:15pm	SA3H	NAVIGATING LEGAL PITFALLS IN FITNESS	BALL & KOOPERMAN
12:30pm – 1:45pm	SA4H	STRETCHING FOR STRENGTH – FLEXIBLE FOUNDATIONS PANEL	KOOPERMAN, APPEL, METCALF & BANNISTER-MUNN
2:45pm - 4:00pm	SA5H	FIND & ENROLL CLIENTS USING SOCIAL MEDIA	CLARK
4:30pm - 5:45pm	SA6H	OPERATING A PROFITABLE BOUTIQUE STUDIO	KOOPERMAN, GILBERT, TOOLE, HUGHES & ROBERTS
SUNDAY, JULY 21			
7:30am - 8:45am	SU1H	FROM STRUGGLING TO STREAMING	BONGELLI
9:00am - 10:15am	SU2H	INDIVIDUALIZED SEMI-PRIVATE TRAINING	G JOHNSON
10:45am - 12:00pm	SU3H	MONETIZE YOUR BOTTOM LINE	MCCORMICK
12:15pm – 1:30pm	SU4H	ATTRACT, MOTIVATE & RETAIN CLIENTS WITH CHRRONIC ILLNESS	CONTI